



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# **BUILD CONFIDENCE AND COMMUNITY**

**ROBINHOOD ROAD FAMILY YMCA  
SPRING 2012 PROGRAM GUIDE**

# WELCOME

We are a powerful association of men, women and children joined together by a shared commitment to **nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.** We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, **strengthening community is our cause.** Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.



Stay in the loop on Facebook!  
[Facebook.com/RobinhoodRoadFamilyYMCA](https://www.facebook.com/RobinhoodRoadFamilyYMCA)

# About Us

## About the Robinhood Road Family YMCA

We are dedicated to building healthy and confident children, adults, families and communities.

The Y provides access to the support and opportunities that empower people and communities to learn, grow and thrive. With a focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every youth and teen, improves the nation's health and well-being, and provides opportunities to give back and support neighbors.

The Y has the long-standing relationship and physical presence not just to promise, but to deliver, lasting personal and social change. Learn more at [www.robinhoodymca.org](http://www.robinhoodymca.org)

## Mission Statement

Our Mission: "Helping people reach their God-given potential in spirit, mind and body."

## Our Cause

The YMCA is a cause-driven organization working to build a strong community through youth development, healthy living, and social responsibility.

## Youth Development

Nurturing the potential of every child and teen

## Healthy Living

Improving our community's health and well-being

## Social Responsibility

Giving back and providing support to our neighbors

## Schedule & Registration

This Program guide provides an overview of youth development, wellness, and family life programs offered at the Robinhood Family YMCA this spring. For more information on pricing, registration dates or any other questions, please contact us.

Robinhood Road Family YMCA

3474 Robinhood Road

Winston-Salem, NC 27106

P (336) 251-1090

[www.RobinhoodYMCA.org](http://www.RobinhoodYMCA.org)

## Hours of Operation

Mon-Thu 5:00am - 10:00pm

Fri 5:00am - 9:00pm

Sat 7:00am - 7:00pm

Sun 12:00pm - 7:00pm

**Metro membership** allows members to use all of the facilities at membership branches of the YMCA of Northwest North Carolina system (Alexander County, Barium Springs, Davie, Fulton, Jerry Long, Kernersville, Robinhood Road, Statesville, Stokes, Wells Fargo Express, Wilkes Express, William G. White, Jr., Winston Lake, Wilkes and Yadkin).

**Triad membership** allows members to use all of the YMCA of Northwest North Carolina branches and YMCA of Greensboro, High Point, Alamance County, Rowan County, Eden, Western Rockingham, Tom A Finch (Thomasville) and J. Smith Young (Lexington).

# Membership

Benefits from membership include a reduced rate on all programs, free adult group exercise classes, water aerobics, and child watch services, as well as multiple volunteer opportunities.

Membership Type	Ages	Monthly Fee	Joining Fee
Metro Teen	12-18	\$35	\$29
Metro Young Adult	19-25	\$39	\$75
Metro Adult	26-64	\$53	\$75
Metro Adult w/ Dependents		\$83	\$99
Metro Household w/ Dependents		\$90	\$99
Metro Senior Teen	65+ 12-18	\$49 \$25	\$75 \$29
Young Adult	19-25	\$30	\$75
Adult	26-64	\$41	\$75
Senior Citizen Adult w/ Dependents	65+	\$30 \$70	\$75 \$99
Household w/ Dependents		\$77	\$99
Triad Adult		\$63	\$100
Triad Household w/ Dependents		\$97	\$135

## Joining Fee

A Joining Fee is required to begin a membership. All new members joining the YMCA or current members who let their membership lapse for more than 30 days will be required to pay the Joining Fee. Payment of the Joining Fee is required when a member joins or renews late.

## Payment Options

Invoice Payments are due semi-annually or annually upon joining. Bank draft membership fees are withdrawn from a checking or savings account each month. Cancellation of drafts requires 15 days notice.

## Financial Assistance

Our YMCA has an open door policy; no one will be turned away due to inability to pay. In order to receive financial assistance, a financial assistance form must be filled out with a proof of income attached. Forms can be picked up from our YMCA or downloaded from our website.

## Guest Policy & Fees

Guest fees are intended for guests in our area who will temporarily use our facility. The branch will determine whether a guest can continue to pay a guest fee for regular visits or be required to purchase a membership. Current members are also able to bring guests to help them experience the aspects of a YMCA membership. Each member can bring as many guests as they like over the course of a year as long as each guest comes no more than 3 times in the same calendar year at each branch.

# Youth Development

## Child Care

Children are like sponges – they watch and absorb knowledge, skills and values from everything and everyone around them. At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success. That's why our Child Care and Child Watch programs are staffed with people who understand the cognitive, physical and social development of kids, the need children have to feel connected and supported in trying new things, and the caring and reinforcement parents and families need to help each other. These services are free for Household and Adult with Dependent memberships and available while an adult is participating in a Y program.

### Child Watch

We offer free drop-in child care with Household and Adult with Dependent Memberships, while mom or dad makes use of the Y. Enjoy peace of mind, while your child engages in playful activity with other children in a safe, supervised environment while you exercise or connect with others over shared interests.

### Moms' Morning Out

Have a busy morning running errands or need a little "me" time? The Y provides child care for babies and children ages 6 weeks to 5 years. The friendly Y staff makes sure the kids have a great time playing games, making new friends, and learning during this active stage of your child's life.

### Parents' Night Out

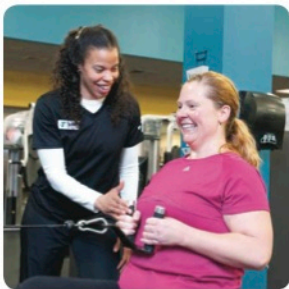
Enjoy a night out on the town while babies and kids ages 6 weeks to 11 years have a fun-filled evening with our lively and capable Y staff. Activities include an action-packed evening of pizza dinner, crafts and games.

# Healthy Living

## Health, Well-being, & Fitness

### Personal Training Program

Sometimes we all need an expert to help reach your full potential. Embrace a healthier lifestyle with a program designed especially for you! Our certified personal trainers focus on personal growth and are dedicated to your individual success. The Y also offers specialty and small group training sessions.



### Group Fitness

Try out some group fitness classes to find the right one for you! We offer traditional Group Fitness classes like, yoga as well as LES MILLS branded classes like, BODYPUMP and RPM. All of these classes are free with membership and held in our 3 studios - Mind and Body, Group Fitness, and Cycle.

## Active Older Adults

The Y is proud to offer a variety of programs committed to helping seniors maintain a healthy lifestyle and strengthen social ties. Participants in the program enjoy group outings, health education seminars, group fitness classes, volunteer opportunities and events designed to promote mental agility, good health and independence.

## Boot Camp

Boot camps are a great way to kick-start your fitness goals or to break through a weight loss plateau. Certified trainers and experienced instructors utilize unique equipment and great workouts to help you reach your potential and show you how far you can go when you push yourself. Specialty programs like "TRX Camp" employ real-life military training tactics to use your own body weight and suspension for amazing results. The popular "Bells, Flips, and Ropes" uses all the most unique personal training tools like kettlebells, truck tires, and battle ropes to emphasize all-over circuit training.

## Sh'Bam

Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance challenged. Each 45-minute class is vibrant, unique and varied - and like all the LES MILLS™ programs, a new SH'BAM™ release is produced every three months with new music and choreography. Coming in February!

## Next Level Sports Performance

Looking to gain a competitive edge in your sport? The Next Level is a sport-specific camp designed to help you become stronger, faster and better prepared for game day. Whether you're a high school athlete looking to prepare for college, or someone who is just starting out, we have the trainers and state-of-the-art equipment that will take you to the next level.

## Hot Yoga

Our new, state-of-the-art hot yoga studio and classes help you to release not only sweat, but any stress you may be carrying throughout the day. Through a series of poses, take your traditional yoga experience to a new plane as you build flexibility and find inner balance. Please note: Hot Yoga is an additional cost.

# Family Time

## Ballroom Dancing

Get your groove on with Y Dancing lessons! This six-week class offers participants a chance to loosen up with a variety of new dances. Show off your new moves as you learn to swing, waltz, fox trot, rumba, and cha cha. Come enjoy the fun as you build your confidence on the dance floor with supportive teachers and friends.

## Healthy Kids Day

Celebrate and encourage the whole family to prioritize healthy eating and physical activity during this free community event. The Y hosts entertainment, activities, refreshments, games and more! Stop by the Welcome Center if you're interested in volunteering.